

Outline

**Trauma**  
Concepts & definitions  
A historical perspective of trauma  
Stress vs. trauma: Two states, two responses  
The creation of trauma, reactive adaptations, traumagenesis  
Small “t” and Big “T” trauma

- High-risk characteristics
- Pre-natal
- Early life trauma
- “On Going” vs. “Single Event” trauma

**The Traumatized Brain**  
Neurobiology and Triunal Brain Model  
Activation and hyper-arousal of threat response system  
The sensitized brain through conditioned traumatic cues  
Dissociation and the importance of freeze discharge:  
Neuroception, bodily reactions and biological changes

**Trauma and Stress-Related Disorders (DSM-5®)**  
Post-Traumatic Stress Disorder (PTSD)

- 0-6 child definitions of PTSD
- Reactive Attachment Disorders
- Acute Stress disorders
- Adjustment disorders
- Disinhibited Social Engagement Disorder

**Trauma and Working with Children and Adolescents: The Developing Brain, Body, and Mind**  
Best practices and innovative tools for assessment  
Subjective imprints of trauma  
Innovative tools for trauma resiliency  
Trauma-Focused CBT for Children  
Eight interventions to use immediately  
Rapport, hope and empathy during the first session and thereafter

**Trauma, Loss, and Complicated Grief**  
Grief, bereavement and mourning  
How trauma “freezes” the normal grieving process

Signs of complicated/traumatic grief  
Factors contributing to complexities in grief  
Grief, bereavement in DSM-5® and viable treatment implications

**Healing Trauma: Three Active Ingredients**  
Therapeutic Relationship - hope, safety, and calming presence  
Relaxation – reciprocal inhibition, parasympathetic dominance  
Narrative – developing “new” narrative to “transform” memories

**Immediate Interventions: The Three-Stage Consensus Model**  
**Safety/Stabilization**  
The Therapeutic Alliance  
Felt safe vs real safe  
Resolution of impeding environment  
Amelioration of self-destructive thoughts  
Restructuring victim mentality to proactive survivor identity  
Stabilization, self-regulation, relaxation, grounding & containment  
Mindfulness, yoga, recovery resources and holistic strategies

**Reprocessing/Resolution**  
Narrative and metabolization of traumatic memory  
Cognitive therapies  
Mindfulness-informed interventions  
Guided Imagery and Systematic Desensitization  
Somatic and focusing interventions  
Forgiveness and gratitude work

**Reintegration/Reconciliation**  
Reconnection to self, family, society and hopes/ dreams  
Resiliency skills training

**Limitations of Research and Potential Risks**  
No “one size fits all” for any modality of trauma treatment  
Various definitions of trauma with different treatment implications  
Side effects may include an initial increase in symptoms  
Empirical verses anecdotal evidence

Objectives

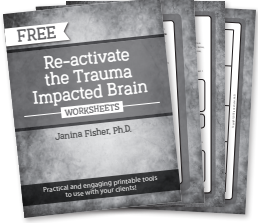
1. Illustrate the effects of trauma on the structure and function of the brain.
2. Determine the etiology and potential impact of traumatic stress on the client utilizing multiple assessment strategies.
3. Develop an assessment plan for a client’s reaction to a traumatic event and develop a viable treatment program.
4. Analyze how grief, bereavement, and mourning are accounted for in the DSM-5®.
5. Integrate interventions to assist a client in dealing with the biopsychosocial manifestations of trauma, PTSD, and traumatic grief/complicated mourning.
6. Discover appropriate evidence-based interventions to assist a client in coping with the physical and psychosocial-spiritual manifestations of trauma.

Questions?

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**Toms River, NJ**  
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- **Dozens of practical assessment, diagnosis and intervention strategies**
- **New clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma**
- **Multisensory interventions to treat the whole person**


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Details Inside



Complete this workshop and learn **new clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma.** Throughout the workshop trauma specialist, Michael S. Prokop, will discuss and integrate the “active ingredients” for “healing trauma” as they are utilized within the Three Stage Consensus Model. Attend and be able to:

- Use dozens of practical assessment, diagnosis and intervention strategies
- Effectively work with children, adolescents and adults dealing with trauma issues
- Implement multisensory interventions to treat the whole person

You will be able to implement evidence-based treatment protocols for establishing safety, desensitizing and reprocessing trauma memories, as well as, resolving/reprocessing complicated grief. **With these new skills, you will be able to assist your clients in their journey as they “restructure a victim mentality to form a proactive survivor identity.”** With this new identity, you will be able to help clients reconnect to self, family, society and dreams!

## Speaker

**Michael S. Prokop, M.Ed., CCTP, CSP, LPC, BCPC,** is a national speaker, Certified Clinical Trauma Professional, consulting school psychologist, Licensed Professional Counselor, American Psychotherapy Association Board Certified PTSD Clinician/Board Certified Professional Counselor-Diplomate, sports psychology consultant and is a member of the International Association of Trauma Professionals (IATP). He specializes in grief and trauma therapy, relaxation therapy, rational emotive psychotherapy, anger management, mental toughness training, and more. As a consulting psychologist he has conducted hundreds of psychological evaluations of traumatized clients and continues to provide individual and group therapy for clients with various adjustments, intellectual, motivational and emotional challenges. His clinical expertise with traumatized clients is based on a long history of comprehensive professional experiences. These include providing support for children and families impacted by suicide, domestic violence, homicide, child abuse, sexual assault and accidental death.

Michael has authored three children’s books regarding adjustment issues and his counseling experiences include more than 25 years in private practice, school districts, part time at The Developmental Clinic, and the rest at Kent State University teaching undergraduate psychology classes, graduate level workshops and also providing psychological counseling services for the T.R.I. Program (Toward Retention Intervention). Besides his private practice, he consults in numerous schools and agencies and is an adjunct professor at Ashland University. As an entertaining and enthusiastic speaker, he frequently lectures and provides seminars at state and national conferences.

Speaker Disclosures:  
Financial: Michael Prokop is an adjunct instructor at Ashland University. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Michael Prokop is a member of the American Psychotherapy Association; National Education Association; National Association of School Psychologists; and the American Psychological Association.

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**Trauma Treatment Toolbox**  
*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*  
By Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients’ brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

**Somatic Psychotherapy Toolbox**  
*125 Worksheets and Exercises to Treat Trauma & Stress*  
By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

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**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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#### Psychologists & Psychiatrists:

##### Psychiatrists

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##### Psychologists

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**New Jersey Social Workers:** Trauma, PTSD & Complicated Grief: Effective Assessments and Immediate Interventions for Children, Adolescents and Adults, Course #2760, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 11/08/2019 - 11/08/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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